



BLUE HERON PINES
GOLF CLUB



Partners in Golf and Fitness

Combining our resources to improve **Your Game**
Your Life — Well Being and Fitness!

Tiger Woods finds time for workouts which he describes in the August issue of *Men's Fitness Magazine*. Tiger Woods' routine includes: stretches, core exercises, endurance runs and weight training. According to his trainer, Keith Kleven, "*Pound for pound, I put him with any athlete in the world.*"

Get started today. Your Blue Heron Pines Golf Club membership entitles you to:

- Free 5-day membership at any of the four conveniently located Tilton Fitness locations.
- Complimentary golf-specific personal training session — limit one per person. (Please call to make an appointment.)
- Get started for \$19 (includes enrollment fee and first month's dues) when you register for a 12 or 24-month membership.

Our trainers will customize a workout program to improve your golf game — giving you:

- Longer Drives
- Improved Concentration
- Greater Endurance
- More Strength
- Increased Flexibility



To learn more call **609-FITNESS**